

# Atraumatic Multidirectional Instability

## Rehab Guidelines / Goals

- 1) Improve efficiency and effectiveness of force couples of the glenohumeral joint.
  - 2) Establish dynamic stabilization of the humeral head
  - 3) Prevent/decrease recurrence
  - 4) Improve proprioceptive sensory input
- Rotator Cuff Strengthening
    - Shoulder flexion
    - Scaption
    - Abduction
    - Extension
    - Internal/External Rotation
  - Scapular Stabilizer Strengthening
    - Bent Over Rows
    - Theraband Rows
    - Prone Shoulder Flexion
    - Shoulder Horizontal Abduction
    - Seated Rows
    - Lat Pull Downs
  - Deltoids, Biceps, Triceps Strengthening

## Rhythmic Stabilization:

\*Must work within the patients ROM limitations.

1. Patient standing in front of treatment table with involved arm by their side. Palm is fixed on plyoball. Patient can work flexion/extension. ABD/ADD, and circumduction.
2. Patient lying supine on treatment table with involved arm @ 90 degrees. Palm is fixed on plyoball. Patient can work flexion/extension. ABD/ADD, and circumduction.
3. Patient is seated/standing with arm flexed in appropriate ROM. Palm is fixed on Swiss ball. Patient can work circumduction, ABD/ADD, protraction/retraction.

## **Intermediate Exercises:**

1. Patient lying prone, shoulder is flexed to 90 degrees. Patient can work short flexion/extension motion, short diagonal motions, short horizontal ABD/ADD and circumduction.
2. Swiss ball fixed against wall, patient's hand is fixed on Swiss ball. Work circumduction, flexion/extension, horizontal ABD/ADD.

## **Advanced Exercises:**

Body Blade:

1. Shoulder IR/ER.
2. Shoulder at 90 degrees flexion
3. Shoulder at 90 degrees abduction
4. Shoulder flexion 0 degrees through 90 degrees
5. Shoulder abduction 0 degrees through 90 degrees

## **Dynamic Stabilization:**

1. Patient bent over treatment table with a towel under the palm of the involved arm. Work flexion/extension, ADD/ABD.
2. Patient in quadruped position over slide board. Work flexion/extension, ABD/ADD, diagonals and circumduction.

## **Intermediate/Advanced Exercises:**

1. Patient in quadruped position over BAPS. Work front/back touches, side to side touches, circumduction. Progress to modified push up position.
2. Patient in modified push up position over slide board. Work flexion/extension, horizontal ABD/ADD.
3. Modified push up with a plus.
4. Shoulder press ups.

## **Plyometrics**

1. Two-hand chest pass utilizing plyoball and trampoline.
2. Two-hand lateral passes utilizing plyoball and trampoline.

### **Advanced:**

1. One-hand plyoball toss with shoulder at 90 degrees and elbow at 90 degrees.

## **Joint Positioning**

1. Position patients shoulder in desired ROM. Let the patient know that this is the starting and finishing point. Move the patient out of position and give them a cue to return to the starting position.

\*Progress to eyes closed, with weight, eyes closed with weight

Instruct in maintenance program prior to discharge